

ABSTRACT OF THE DISCLOSURE:

An apparatus, such as a focus adjusting apparatus, includes a focus adjusting system, a driving device which drives the focus adjusting system from one of a state in which a near-distance object is in focus and a state in which a far-distance object is in focus to the other, and a control device which repeatedly performs determination of a focusing state of the focus adjusting system while causing the driving device to drive the focus adjusting system, and, if the focus adjusting system has been driven in one direction until the number of times of the determination repeatedly performed reaches a predetermined number of times, restrains the focus adjusting system from being driven in the one direction, so that a focus adjusting operation can be appropriately performed.

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